



Volume 18 Issue 2

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Healthy Weight Encourages Healthy Life **Eating Mindfully Can Mean Taking Fewer Pills**

Inside this issue:

Large Churches Not the Norm	2
Recipe Highlight	2
Your Inside Scoop	3
Living By Faith	3
Who's Who	4
Your Broadcast Time	4

Karen Ordelleide, MD,
 Health Ministry, KLRF
 Governing Board



Have you gained unwanted weight over the winter? Diet is key to shedding those pounds and simple changes can yield significant results.

Eliminating deserts, chips, juices and sodas as well as “healthy” foods such as trail mix and health bars results in many less calories per day.

Artificial, chemical sweeteners do NOT help. Instead they promote obesity, hypertension, diabetes and risk of stroke.

Seven to ten servings daily of vegetables (potatoes, rice and pasta don’t count) and fruits promote weight loss and help improve all of the

previously mentioned diseases.

A minimum of thirty grams of fiber daily is recommended, and between meals drink plenty of water.

Eat mindfully (keeping a 24- hour log of all food consumed can be very enlightening!); divide the food on your plate in half before eating and after eating half, ask your-self “Am I still hungry”?

Eating slowly helps you feel full sooner-- put down your fork between bites. Avoid screen time while eating.

Frequent small meals have not been shown to promote weight loss. Rather, lengthening the time be-

tween the last meal of the day and the next breakfast correlates with more weight loss. Remember “He who takes medicine and neglects his diet wastes the skill of his doctor!” — Chinese Proverb.

Adding exercise to a healthy diet promotes weight loss as well.

Men and women appear to burn fat differently. Women may be more successful if they eat about 90 minutes prior to exercise, whereas men do better eating 90 minutes after exercise.

But if this schedule isn’t possible for you, don’t worry! Exercise whenever you can work it into your day.

Warmer weather is here, get outside and enjoy it!

Large Churches Not the Norm in the United States

Most Congregations Have Less than 100 Members

Did you know that, according to a 2001 survey done in U.S. Congregations across all denominations, most congregations had fewer than 100 worshipers?

This may seem hard to believe if you attend a large church, but here's another way to look at it. On any given week the survey found that "10% of U.S. congregations draw 50% of all worshipers (p.22)."

Churches with fewer than 100 worshipers may struggle finding adequate leadership. Members usually serve as volunteers, but are often so obligated to church duties, they don't feel like volunteers.

Churches with fewer than 100 worshipers may also have more financial worries. Most small churches use the majority of their dollars on operations, leav-

ing very little to advance the gospel. Fewer members means fewer dollars with which to accomplish their mission.

Are you connected to other believers? As a listener of KLRF, you belong to a community of more than 1,200 donors who love Jesus, and we're thrilled to include you in our audience.

C. Woolever, D. Bruce (2002) A Field Guide to U.S. Congregations: Who's Going Where and Why. Westminster John Knox Press, Louisville, Kentucky.

Featured Recipe

Brown Rice Pudding and Pear Cream

Brown Rice Pudding

2 cups cooked brown rice

1/2 cup chopped dates

1/2 cup chopped raisins

1/2 cup raw, rinsed cashews

1/2 teaspoon cinnamon

1/3 cup dried or fresh chopped pineapple

2/3 cup or enough water to blend

1 tablespoon honey or maple syrup

Preheat oven to 350°. Mix rice, dates, raisins, cinnamon, and pineapple in a bowl. Blend cashews, water, and honey until creamy. Add blended ingredients to rice mixture and combine well. Place in a well-oiled casserole dish and bake for 30 minutes. Serve warm with soy or nut milk or pear cream.

Both recipes found in "*Naturally Gourmet: Simple, plant-based recipes that are healthy & delicious*", (2010) Karen Houghton, RN, BSN; Hart Books, Fallbrook, CA

Pear Cream

1/2 cup raw, rinsed cashews

1/4 teaspoon salt

1 teaspoon honey

1 quart canned pears in fruit juice

1 cup fruit juice from canned pears or water

Place nuts in the blender. Add pear juice and blend until smooth. Add remaining ingredients until the milk is smooth and thick. Chill. Great on fruit salad, Brown Rice Pudding and other hot cereals.



Your Inside Scoop

The Corner Where Savvy Donors Stay in the KLRF Loop

Complete Transparency

You may have noticed this newsletter often refers to the KLRF website. That's because there are important things on the website for you.

The first thing is that you may go to KLRF.ORG, then, click on

KLRF.ORG

"Listen Live," and hear what is playing on the station 24 hours a day, 7 days a week. You can listen even if you are too far away to get the radio signal.

The second thing you can do is click on "News" and you will find all the newsletters recently published, in case you have lost the one you got in the mail.

The third thing you can do is click on "Public Inspection File"

and you will find the inside business information posted according to FCC regulations.

This website is for you. Please visit it often.

You are special to us, for only you can continue to make this ministry happen. Your continued faithful and heroic support is spreading God's healing and hope around the globe.

Thank you, thank you.

Living By Faith

Inspirational thoughts by General Manager Owen Bandy

I paused for a moment when I came to the passage in the book of James that said, "And the prayer of faith will save the sick." (James 1:15) Not just any prayer will do. It must be a prayer of faith.

The apostle Paul says that "everyone is given a measure of faith". I liken that measure to the living yeast in the starter for a loaf of sourdough bread. Each

As the faith of Jesus begins to grow in our lives it begins to be the thing by which we live.

one of us is given a little jump start. I don't have faith naturally so He gives me a little of

His to get things moving.

Then I thought about what the apostle Paul said in the book of Romans 10:17 where he says that "faith comes by hearing and hearing by the Word of God." So when that measure of faith comes in contact with the warmth of God's Word, the Bible, my faith begins to expand and grow.

It's kind of like baking a loaf of bread. We mix a little of the Word with a little Faith and it begins to expand.

Out of this experience new motives and desires begin to spring up. Even our prayers change.

As the faith of Jesus begins to grow in our lives it begins to be the thing by which we live. It's the thing that moves us forward. We live by faith. We pray by faith. Our prayers become prayers of faith.

Here at KLRF Radio we thank you for the evidence of your prayers of faith every day.



Pastor Owen Bandy,
General Manager, KLRF

KLRF 88.5

1200 SE 12th Street, Suite 3
College Place, WA 99324

Phone: 509-524-0885

Fax: 509-524-0884

Email: manager@klrf.org

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Who's Who

Governing Board:

Chairman—Richard Grizzell
General Manager—Owen Bandy
Technical Manager—Ted Duncan
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Mike Lambert
Karen Ordelleide, MD

Newsletter Editor—Rhonda Bandy

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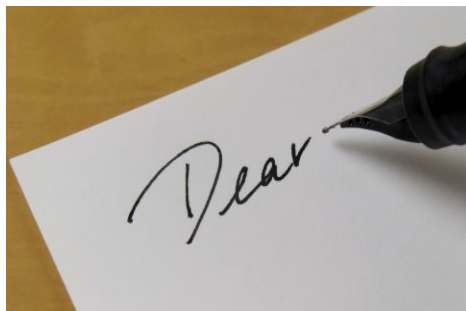
Your Time

Your comments and suggestions are indispensable —keep 'em coming!

“KLRF—Thank you for the great Christian music!” —Bob and Aileen

“I’m losing my annuity payment so I can’t contribute anymore. I’m SORRY!” —
Anonymous

Dear Anonymous, What a blessing you have been to KLRF. I understand that life brings changes, and I just appreciate what you have been able to do over the years. Now you will do us a favor if you continue to listen and keep writing encourag-



Claim your time! It’s easy; just use the enclosed envelope to send us a note or email us at manager@klrf.org—we’d love to hear from you.

ing notes even without a gift. May God continue to keep watch over you!—the Manager

“THANK YOU, THANK YOU, THANK YOU for playing the music I grew up (in the Lord) with!!!! It resonates with my soul, mind, heart and ears. Thank you for leading me/us in meditation and worship during the insomnia nights. The music and scripture readings are so encouraging. Love in Christ,”
—Deborah

Thank you so much for your amazing support of the KLRF Ministry. Thousands of lives are touched daily through your generous gifts. We value your opinions—keep 'em coming!